

Connect

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APRIL 2025
ISSUE 153

LASER-FOCUSED ON CUSTOMER EXPERIENCE

The EBS team share how they're delivering top-notch interactions.

Blowing away challenges in windfarm construction

128 marathons in 128 days

Leading the charge for an electric future

Sizing up lifetime extensions for Sizewell B



EDITORS' NOTE

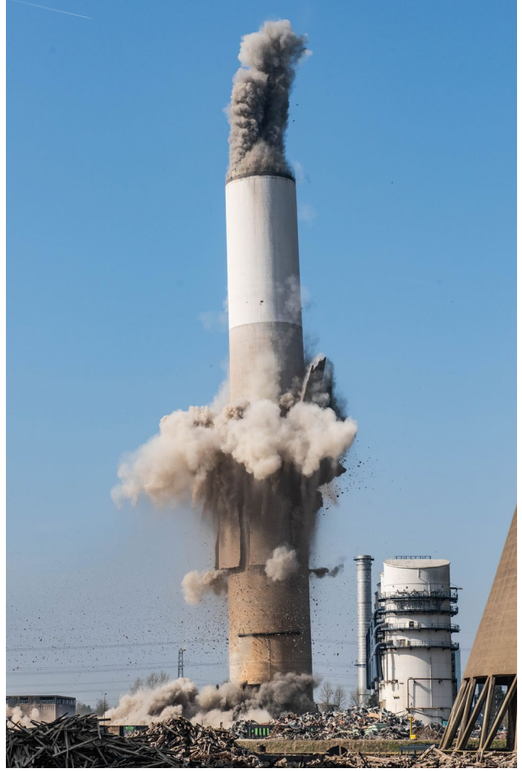
It's all about collaboration in this month's **Big Interview** . The EDF Business Solutions team tell us about the innovative new projects they've developed to provide the best possible service for our business customers. It's always inspiring to see our talented people working together to find solutions focused on helping our customers and being the best in the industry.

Speaking of inspirational, Environmental Consents Coordinator Leodhais Macpherson is running **128 marathons in 128 days** – while still working full time. He has taken on this remarkable physical challenge to raise mental health awareness and money in memory of his brother Conor.

Elsewhere, it's an exciting time for **Electrify Britain** as its new commission explores how we can help the UK go electric and achieve net zero. Marie-Thérèse Grassano shares how to **move across business units** and we see pictures of our fabulous new London office at **Nova North** .

We love sharing your stories, so send us your news and pictures from across the business to connect@edfenergy.com.

JULIA NUTLEY AND KATHY MANSON
The Connect team



BLOWDOWN AT COTTAM

The 200m high chimney at the former coal-fired power station at Cottam was demolished in a controlled explosion last month.

Kieran Green, Decommissioning and Demolition Team Programme Manager for EDF Thermal, said: "The demolition of the chimney is one of the most significant milestones in the decommissioning of Cottam and one of the most challenging due to the proximity to the gas pipes on the site."

Cottam Power Station ceased generation in September 2019 after 51 years of reliable operation.

WATCH THE CHIMNEY DEMOLITION ON eNZO



BLUE LIGHT WORKERS REWARDED FOR SWITCHING TO US

The company is now a Blue Light Card and Defence Discount Service Partner, which means members who sign up to our tariffs or switch to us as an energy provider will be rewarded with a voucher of up to £50.

Blue Light Card and the Defence Discount Service are the UK's leading discount services for emergency services, NHS, the social care sector, teachers, armed forces and veterans and has more than four million members.

FIND OUT MORE ON eNZO



EXPOS ELECTRIFY EXETER AND DOXFORD

The 2025 Customers Electrification Expos kicked off at Exeter and Doxford, giving colleagues a chance to find out more about how we help our residential and large business customers on their net zero journeys. At both events, enthusiastic attendees chatted to different team members on pop-up stands.

Talks from our colleagues in Renewables, Nuclear and Wholesale Market Services families were a great way for everyone to learn how we're harnessing wind, nuclear and solar, as well as optimising batteries and flexibility services to help electrify Britain. Plans to hold further expos later in the year are underway.



DALKIA'S NEW LONDON OFFICE OPEN FOR BUSINESS

Dalkia has officially opened its dazzling new office at Angel Court in central London. Staff can enjoy access to a business lounge, café, roof garden and on-site gym.

Gautier Jacob, CEO of Dalkia UK, said: "We're very excited to have this collaborative, modern environment that brings together colleagues from Group, Engineering, Facilities and Energy Services under one roof. The move supports our growth and future goals and the space is designed with wellbeing and comfort in mind."



WORKING TOGETHER FOR A BETTER CUSTOMER EXPERIENCE

A key focus for EDF Business Solutions (EBS) this year is to offer excellent customer experience. We hear how the team is working together to deliver top-notch interactions through ways of working, systems and understanding our customers.

INTRODUCING THE EBS TEAM
LEADING ON SOME GREAT INITIATIVES



CAMILLA MCCORKELL
DIRECTOR OF EBS
I joined the company on a graduate scheme in 2009. Outside of work I'm kept busy with my two young children. I'm excited to help EBS go from strength to strength in my new role as Director.



ALICIA SULLY
SENIOR MANAGER OF CUSTOMER JOURNEY OPTIMISATION
I love walking with my husband and our dog, exploring in our campervan and playing netball. I'm responsible for delivering our market-leading self-serve digital platform, MyBusiness.



SHELLY MITCHINSON
CUSTOMER EXPERIENCE MANAGER
I've been married for over 30 years and have a daughter who also works for the company. I've worked here for 27 years and am responsible for the customer experience for some of our largest and most strategic customers. I also manage the relationship with the Institute of Customer Service.



PAULINE HEINTZ
SENIOR MANAGER FOR CUSTOMER EXPERIENCE TRANSFORMATION
I worked for EDF Group in France for 13 years and moved to the UK three years ago. I enjoy running, playing squash, cooking and I'm a real foodie. I'm leading the EBS Customer Experience project which includes creating a tool called Single View of our Customers (SVoC).



KATE MURPHY
BUSINESS CONSULTANT
I live in Devon with my husband and our two kids who keep me busy. I'm working to deliver a new sales management system called Microsoft Dynamics.

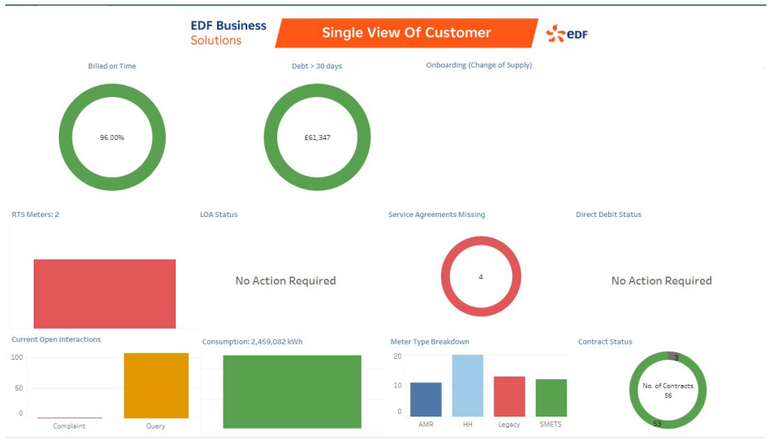


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We want to set the bar for what great customer experience looks like for business customers. By fostering collaboration within EBS and across EDF, we believe that our initiatives will deliver outstanding customer outcomes and give us a competitive edge in the market.

CAMILLA MCCORKELL
DIRECTOR OF EBS

How do you make sure customers have a positive experience with us, and why is this important?
Alicia: We’re transforming MyBusiness, our EBS self-serve platform. We’re on a mission to develop this into a market-leading digital platform, to help users easily manage their accounts and make informed decisions.
Shelly: We use our extensive experience to help customers like Tesco, Vodafone and Royal Mail. Queries are dealt with quickly and we’re always working on ways to make their experience with us even better.



Pauline: SVoC is a visual representation of all customer details in one place (see above graph), which helps our people understand any issues and their conversations with the customer.
Kate: Our sales team will have a single system to work in, which has a new automated pricing and forecasting engine. This makes it faster to provide quotes and gives us more time to build relationships and support our customers with their transition to net zero.

What are the key challenges?
Alicia: Time! We hope to migrate users to the new and improved version of the platform by the end of October. We’ve got to design and build the platform in that time, and there are over 12,000 users with different needs and priorities.
Shelly: We need to better understand our different types of customers and adapt to their needs, while making sure we remain profitable. We want to keep our people engaged and feel valued.
Pauline: It’s challenging to make complex data simple and actionable. We need to make it easier for our people to process this information quickly while they are on customer calls.
Kate: We have demanding deadlines and need to make sure that our new system can give accurate prices. In addition to the technical side, the biggest challenge is making sure everyone inputs data correctly and efficiently.

How do you collaborate with other areas of the business?
Alicia: We’re working across EBS to make sure that we meet the needs of customers, consultants and internal users. We’ve worked with EDF Group in France and Luminus in Belgium to understand their own platforms and we’re aligning our designs with MyAccount.
Shelly: We work closely with all the teams in EBS to deliver a great customer experience and make sure we have a service proposition that makes us stand out against our competitors. We also work with Retail to align with complaint-handling best practice.
Pauline: We share customers across our residential and small to medium enterprises (SME) teams, while some consultants are active with SME, Mid-Market and Large Business customers. We worked closely within EBS to deliver that project, and we share best practices with EDF Group in France.
Kate: Wholesale Market Services (WMS) are working on our pricing and forecasting data with us, we also work with Finance.

What does success look like?
Alicia: Using MyBusiness will be an easy and efficient experience. We want to deliver a flexible, future-proofed platform that is tailored to the needs of our users. We’ll be able to make changes quickly so it can support our growth ambitions and our users’ evolving needs.
Shelly: Success to me is when everyone works together to achieve the same thing. A happy team means happy customers.
Pauline: Working collaboratively to build the SVoC tool, gathering needs from different users across EBS and proactively supporting our customers by anticipating their queries ahead of time.
Kate: Happy users and improved customer experience, making it a worthwhile investment while enabling Sales more time to build relationships and add value. We also want to be able to use Microsoft Dynamics for the next contract round in October 2025.





EBS EXPLAINED

EDF Business Solutions (EBS) helps British businesses and the public sector achieve net zero. As the ↘ leading energy supplier for large business in Great Britain, EBS is a top player in our core markets: energy supply, electricity metering and net zero services.

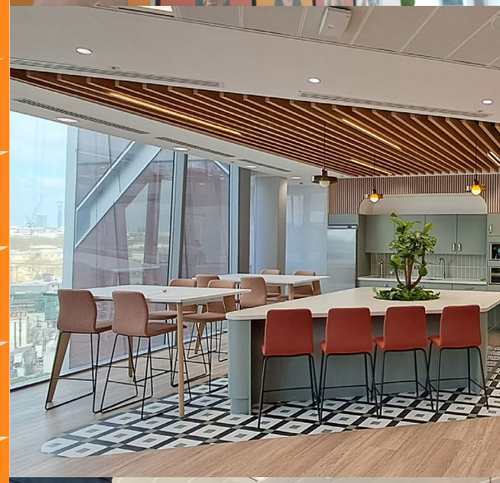
The team has around 500 staff in the UK and around 500 staff offshore through partner organisations, with an annual turnover of over £8 billion.



WE'VE MOVED TO NOVA NORTH











Take a look around our fabulous new London office.

Our fantastic new space at Nova North, near Victoria in London, has a mix of open plan and enclosed spaces to support different tasks, moods and work styles, so you can choose your ideal work environment.

FIND OUT MORE ON eNZO

VISITING THE NEW OFFICE

If you're not based in the London office and plan to visit, you'll need to pre-register by emailing NNConcierge@edfenergy.com at least two working days in advance with your name, date and expected time of arrival.

On the day, check-in with ground floor reception to access the lifts before making your way to the seventh floor where you can use your existing EDF access pass.

BOOKING DESKS AND MEETING ROOMS

The Matrix Booking System for Nova North is now available. You can book meeting rooms up to six months in advance.

If you're based at Nova North, you can also book a desk two working days ahead. Visitors won't be able to book desks but there are lots of 'touch down' areas for those who need to log-on between meetings.

GRAB A DISCOUNT

Download the 'LHQ Hub' app on Apple or Google Play to access unique and exciting offers on eating, drinking, leisure, shopping and wellbeing opportunities within the Victoria and Westminster area.

MINDFUL MOMENTS

Something new is Fika time. Fika (pronounced fee-ka) is a Swedish tradition that involves taking a mindful moment to slow down. Nova North has daily Fika time from 3.00-3.30pm in The Hub.

BLOWING AWAY CHALLENGES IN WIND FARM CONSTRUCTION



↑ Stranoch Onshore Wind Farm under construction.

> Onshore wind is a strong player as part of a diverse mix of technologies for the country's energy security.



Kyle Stewart works in EDF Renewables UK and Ireland as a Construction Project Manager at Stranoch wind farm – a 102MW onshore wind farm consisting of 20 turbines in the south west of Scotland.

MY ROLE IS BROAD AND VARIED

I oversee the project's construction process, manage budgets and plan for potential risks. This involves consulting with various contractors and stakeholders to establish effective mitigation plans. Communication and decision-making are at the heart of my role, interacting with internal teams, contractors, designers, landowners, tenants and local residents.

HALFWAY THERE

We're approaching the halfway point of construction with seven out of the 20 wind turbine foundations now poured as we finish constructing the access tracks. On the electrical side, we'll soon start installing array cabling which transmits power from the turbines to substations. We expect wind turbine components to be delivered by the end of Q3 this year.

NAVIGATING THE CHALLENGES

Building an onshore wind farm presents several challenges especially when we're hit by unpredictable delays to connect to the grid, which can significantly impact projects. Weather has been a minor issue so far as the elevated site remains exposed to the elements. Another possible risk is the availability of police escorts for delivering wind turbine components, which could affect our schedule.

BEING A GOOD NEIGHBOUR

Managing relationships with the local community is a full team effort. Our Communications team sends regular updates to members of the community to inform them of our plans. We are in touch with the local residents to keep them updated on the works that may impact them, including road closures for example.

I interact directly with residents and community councillors, and we host Community Liaison Group sessions with council representatives to update on construction and discuss community benefit funds.

REAL TEAM EFFORT

There are very few areas of the business we don't work with! It's an end-to-end process and we need input from various business areas including legal, planning, commercial and investments and asset operations.

ONSHORE WIND IN THE ENERGY MIX

Onshore wind is a strong player as part of a diverse mix of technologies for the country's energy security. Despite long timelines, with Stranoch taking over 12 years before construction started, onshore wind is one of the renewable technologies that can be delivered quickly and at lower costs compared to offshore alternatives.

A DIFFERENT PERSPECTIVE

Stranoch is my first project as a Construction Project Manager at EDF Renewables UK and Ireland. Having worked on many onshore wind projects as a designer, I'm excited to witness the project's achievements from the construction side.



128 MARATHONS IN 128 DAYS

Leodhais Macpherson, an Environmental Consents Coordinator in Nuclear Decommissioning, has set himself the challenge of running 128 marathons in 128 days in memory of his brother, Conor.



FOLLOW LEODHAIS ON INSTAGRAM: NCL_TO_NYC

DONATE TO LEODHAIS' JUSTGIVING PAGE

Six years ago, I lost my brother, Conor, to suicide. Before that I had little experience of mental health. We had talks at school but I brushed them off as I felt they didn't apply to me.



↑ Tracking Leodhais' journey.
← Leodhais (right) and his brother Conor (left).

I'm now acutely aware of just how serious it can be and how it affects people.

Can you tell us about the challenge you've set yourself?
It was my brother's dream to live in New York, he'd visited around eight times before he died when he was 21. I wanted to do something to raise money and honour my brother, and felt I was ready to be open about what happened.

I've always been a runner, so I decided to go the distance between our home in Newcastle and New York. This works out as 128 marathons, which is 183 miles each week. I started on 25 January and I plan to finish on 2 June, which is my brother's birthday.

How are you finding the challenge so far?
The first three to four weeks were most challenging on my body but you get used to it and any initial niggles disappear. I'm eating around 6000 calories a day, which is actually quite hard to do and costs a fortune! I stretch a lot and have a standing desk at home which helps. I'm also having five massages a month, donated by local physios.

I've had lots of media interest, both locally from the likes of BBC Newcastle and ITV's Good Morning Britain's regional segment. I've also spoken to Chris Evans on national Virgin Radio which helped to attract an additional £2000 in donations.

How has the company supported you through these difficult times?
The support has been incredible. I was initially concerned how I would balance work and find the time, but everyone said to go for it. My manager has offered me some flexibility with travel but I want to make sure that the challenge is outside of work and that I still have lots of career opportunities during the four months.

Having the ability to work from home has been great. The support services available through the company are really useful, including the Mental Health Supporters Network and Mental Health First Aiders. I also listen to the Suicide and Co podcast. My team sent me a pair of running shoes – I'm getting through a pair every few weeks – and a care package containing protein drinks and blister packs. I've also had friends and family join me for parts of my runs. It's all really appreciated.



You're raising money for ifucareshare and Royal National Lifeboat Institution (RNLI). Why are these charities important to you?

Ifucareshare is a local charity in the North East that supports those affected by suicide. They're a smaller charity so I hope my efforts can really make a difference to them.

The RNLI were part of the search efforts so it's my way of thanking the volunteers.

Do you have any advice you can offer to other people affected by suicide?

Everyone's experience will be different and personal to them but I'd say that it's essential to find a healthy way to cope. For me, this was exercise, which gives me space to escape. Talking is also important and knowing where to access support and be comfortable to share your feelings. **The hardest part of the challenge isn't the running; it's the talking.**

↓ Leodhais being supported by colleagues.





WHERE TO GET HELP

↘ **Mental Health Supporters Network:** The network creates opportunities to learn from each other about mental health and wellbeing, sharing lived experiences and learnings to help in creating an open culture where everyone feels comfortable to talk about how they are feeling. Everyone is welcome.

↘ **Mental Health First Aiders:** Ready to listen and support you, our Mental Health First Aiders (or Buddies) are colleagues who have been trained to listen, support and guide you for further help.

↘ **Employee Assistance Programme:** Get support, whether you've got money worries, a medical issue or you're stressed or upset.

↘ **Occupational Health:** Get professional and confidential help for your mental or physical health.

↘ **Alongside You:** There's lots of wellbeing advice and support available on eNZO, including useful webinars and videos.

LEADING THE CHARGE FOR AN ELECTRIC FUTURE



Electrify Britain's new commission will use its wide range of expertise to accelerate electrification.

Electrify Britain is a groundbreaking initiative by EDF and Octopus Energy. Its vision is to make electricity pricing fair and electrify home heat, transport and communities. Electrification of the UK will make energy cheaper, more secure and encourage economic growth.

As part of its role to build a vision for what electrifying our country really looks like, Electrify Britain set up a new commission featuring senior figures from the energy industry, public sector and green technology companies. It includes our CEO Simone Rossi, Octopus Energy CEO Greg Jackson, Gillian Cooper from Citizens Advice and Electrify Britain CEO Camilla Born, who has been a leading climate advocate and government adviser.

Camilla Born and the commissioners are travelling around the UK to meet people involved with the new electrification ecosystem. So far, Camilla's visited heat pump manufacturer Kensa in Cornwall, community energy charity Awel Aman Tawe in Wales and community energy projects and electrified schools and homes in Birmingham, among others.

Report findings are due early April, and over the coming months the commission will work with industry, policymakers and the public to shape its recommendations on how to electrify Britain.

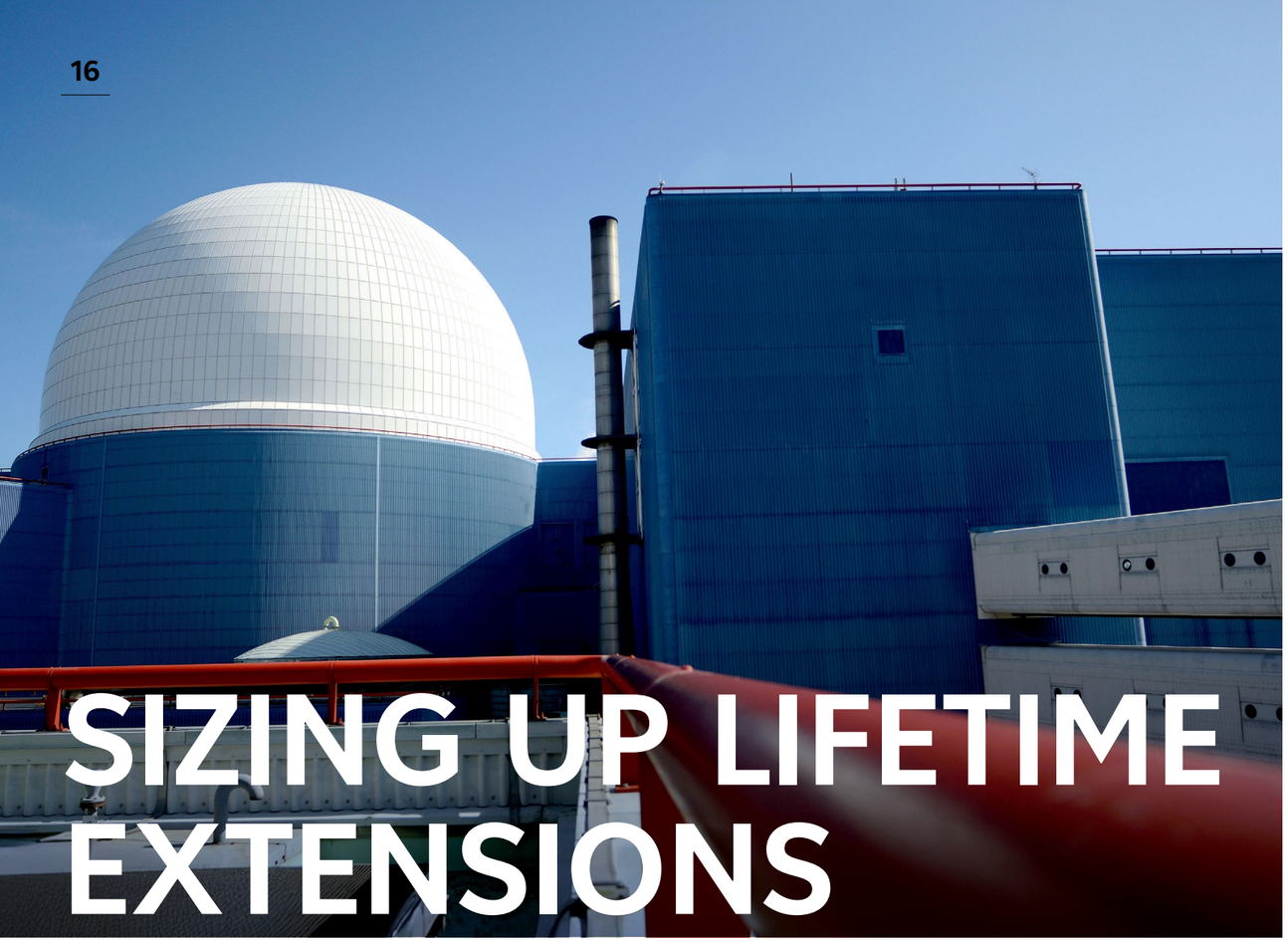
FIND OUT MORE ON eNZO

FIND OUT MORE ON ELECTRIFYBRITAIN.ORG

"To truly benefit from the rise of low-carbon electricity generation, we must switch how we power our lives from fossil fuels to electricity, paving the way for a cleaner and greener Britain.



SIMONE ROSSI
EDF CEO



SIZING UP LIFETIME EXTENSIONS FOR SIZEWELL B



Marc Chevalier, a Technical and Strategic Lead in R&D, tells us how the team is supporting Sizewell B for a lifetime extension.

Describe your role

I focus on the technical and strategic direction of our nuclear R&D programmes, to maximise the benefit to our nuclear assets. For Sizewell B, this includes seeing how Hinkley Point C requirements overlap, which could result in better solutions and reduced costs to both.

When is Sizewell B due to stop generating power?

Sizewell B started generating in 1995 and is the youngest operational reactor in the UK. It's currently the UK's only Pressurised Water Reactor (PWR), which uses water to both cool it down and control the reaction. It's due to stop operations in 2035 although we're exploring options to extend this.

Why is it important to try to extend its lifetime?

The station provides 3% of the UK's electricity, making a huge contribution to the UK's net zero ambitions and energy security. If we can extend its lifetime by 20 years to 2055 it will help bridge the gap in providing the UK with low-carbon electricity as the older AGR stations come offline and while the new nuclear projects begin generating.

How does R&D support Sizewell B on any challenges?

Extending the lifetime of a nuclear reactor faces a range of technical challenges and R&D is focused on addressing these to reduce risk, uncertainties and costs. If agreed, an extension would give us the opportunity to do things differently; optimising the future operations and the way we support Sizewell B. Change in the nuclear industry is always challenging but it will be rewarding for us, both for the individuals involved and as a business.

How do you work with other areas of the business?

The Single Integrated Delivery Organisation (SIDO) has been established to co-ordinate activities at the station and engineering support functions for the lifetime extension. The R&D programme has established itself within this to ensure strong technical governance with leads at Sizewell B, Nuclear Operations and Nuclear Services.

How does experience in operating existing PWRs contribute to the development of new nuclear projects, such as Small Modular Reactors (SMRs)?

SMR technology is a positive thing for the industry. It raises new challenges, however the technical considerations and regulatory approach are largely the same. The skills and capabilities we develop for Sizewell B will be applicable to SMR technology, which puts the company in a great position if we choose to support SMR delivery and operations in the UK. This would support Group's Ambitions 2035 and their Nuward project to further develop SMR technology.

Read more about lifetime extensions from Dave Ogle, Head of AGR Lifetime Programme, on Connect online.



AGRs and PWRs

AGR (Advanced Gas-cooled Reactor): uses carbon dioxide gas to cool it down and graphite to help control the reaction.

PWR (Pressurized Water Reactor): uses water to both cool it down and control the reaction. The water is kept under high pressure so it doesn't boil, even at high temperatures.

EMBRACING CHANGE

MARIE'S 20-YEAR CAREER ACROSS THREE BUSINESS UNITS



Marie-Therese Grassano shares her 20 years career at EDF, growing both professionally and personally as she adapts to various business units.



Living in London with my partner, our son and two cats, I find joy in simple pleasures like cooking for family and friends and spending time outdoors. Having grown up in the mountains, I've always loved exploring nature and I've recently discovered a passion for cold water swimming.

A DIVERSE CAREER IN THREE BUSINESS UNITS

My career has spanned multiple countries including France, the UK and Denmark, and business units from Thermal to Nuclear and now Customers. I've worked across a range of functions including research, economic modelling and project management. Today I'm the Strategy and Performance Director in EDF Business Solutions, working with an incredible team that makes every day rewarding.

SUCCESS IS *PERSONAL*

WATCH OUR NEW RECRUITMENT VIDEO

What makes our company stand out is its strong culture of support, encouragement and creating opportunities. It allows individuals to progress at their own pace to suit their career aspirations and life circumstances. Moving across different business areas has helped me gain invaluable insights, broaden my perspective and build lasting connections. Each role has challenged me in new ways. I'm proud to be part of a company that values diversity, not just in its workforce but also in the variety of roles it offers.

MARIE-THERESE'S ADVICE

For anyone looking to take the next step in their career, my advice is to stay curious and be proactive in shaping your career. Seek out new opportunities, build relationships and don't be afraid to step outside your comfort zone – you'll learn so much from taking on a role that pushes you. This company provides the support and opportunities to grow, so take charge of your journey and explore the many possibilities available to you.

SCORECARD ON TARGET



The results are in for our company scorecard, which measures our business performance and is part of the bonus calculation for many of us.

Our scorecard is how we measure business performance. Targets have a minimum, target and maximum score.

THE FINAL SCORES

The scorecard is based on three objectives: social, financial and business.

The social objective, which covers safety, diversity and employee engagement, was the strongest with a result close to the maximum 45.

In particular, we achieved outstanding performance on safety and our engagement index from the annual MyEDF survey is the highest we've ever achieved at 81%.

Financial performance of earnings before interest, taxes, depreciation and amortisation (EBITDA) and operating cash flow was 23, with a maximum achievable score of 45.

In the business objective, the total score was 37, with a maximum achievable score of 60. There have been some great achievements for our individual business units such as Nuclear Operations being ahead of schedule with their transfer of AGR fuel containers to Sellafield, scoring the maximum, and Customers achieving a record score of 4.7 on Trustpilot. The total contracted value of EBS far exceeded the upper range that had been targeted for 2024.

Our 2025 scorecard will be validated soon, keep an eye on eNZO for updates.

"We can be proud of our operational performance in 2024, with strong results on most social and business metrics.



FLORIAN DEBIONNE, FINANCIAL CONTROL DIRECTOR

SEE FULL RESULTS AND WATCH FLORIAN'S VIDEO ON eNZO

SUPPORTING SECONDARY SCHOOL SCIENTISTS

FameLab Academy UK is a STEM initiative which aims to revolutionise science and communication in schools. Now in its 10th year, EDF has supported the competition since its inception, and over that time, a massive 25,000 secondary students from around Gloucestershire have competed to win the coveted regional award for their school.

In the competition, year nine students, supported by their teachers and a STEM mentor, prepare presentations to explain a scientific topic in a dynamic and engaging way to a panel of judges.



This year Matt Exton, Head of Fleet Fuel Operations for Nuclear Operations, formed part of the judging panel, as did Sameera Nagji-Nunn, Head of Nuclear Analysis for Nuclear Services.

PROJECT FLASH WINS A PRESTIGIOUS TROPHY

The UK R&D team has been awarded a Trophée de la R&D at the EDF Group R&D Annual Convention in Saclay, France, last week.

Project FLASH is a collaborative effort between UK R&D and Customers and explores solar solutions for social housing, demand flexibility and electric storage to help customers save both cash and carbon. The team was recognised for its fantastic work and praised by Bernard Salha, Chief Technical Officer of EDF Group, and Sylvie Retailleau, former Minister of Higher Education and Research of France.

UK R&D's Advanced Modular Reactor Accelerator (AMRA) project also made it to the final.



"Winning this award for Project FLASH is a fantastic recognition of the strength and impact of our UK team. Having two UK projects in the final highlights the innovation and dedication of our researchers. Well done to everyone involved!

PATRICK DUPEYRAT
DIRECTOR OF UK R&D





CELEBRATING OUR 2025 SCORE AWARDS FINALISTS

Nuclear Operations celebrated its annual awards ceremony, the SCOREs, in style. Now in its second year, the event was a dazzling success, honouring achievements in Safety, Cash, Operations, Reputation and Employees, plus the prestigious People's Champion award.

CEO Simone Rossi attended the event and praised the spirit of "togetherness, ownership and pride" that was on show.

The Managing Director's award went to the Hunterston B and central teams for the delivery of their defueling operations. Congratulations to all finalists and winners.

FIND OUT MORE ON eNZO



OCCUPATIONAL HEALTH REFERRALS MADE EASIER

Our new Occupational Health referrals platform, myOH, makes it easier and quicker for you to make referrals for yourself or the people you manage and monitor progress.

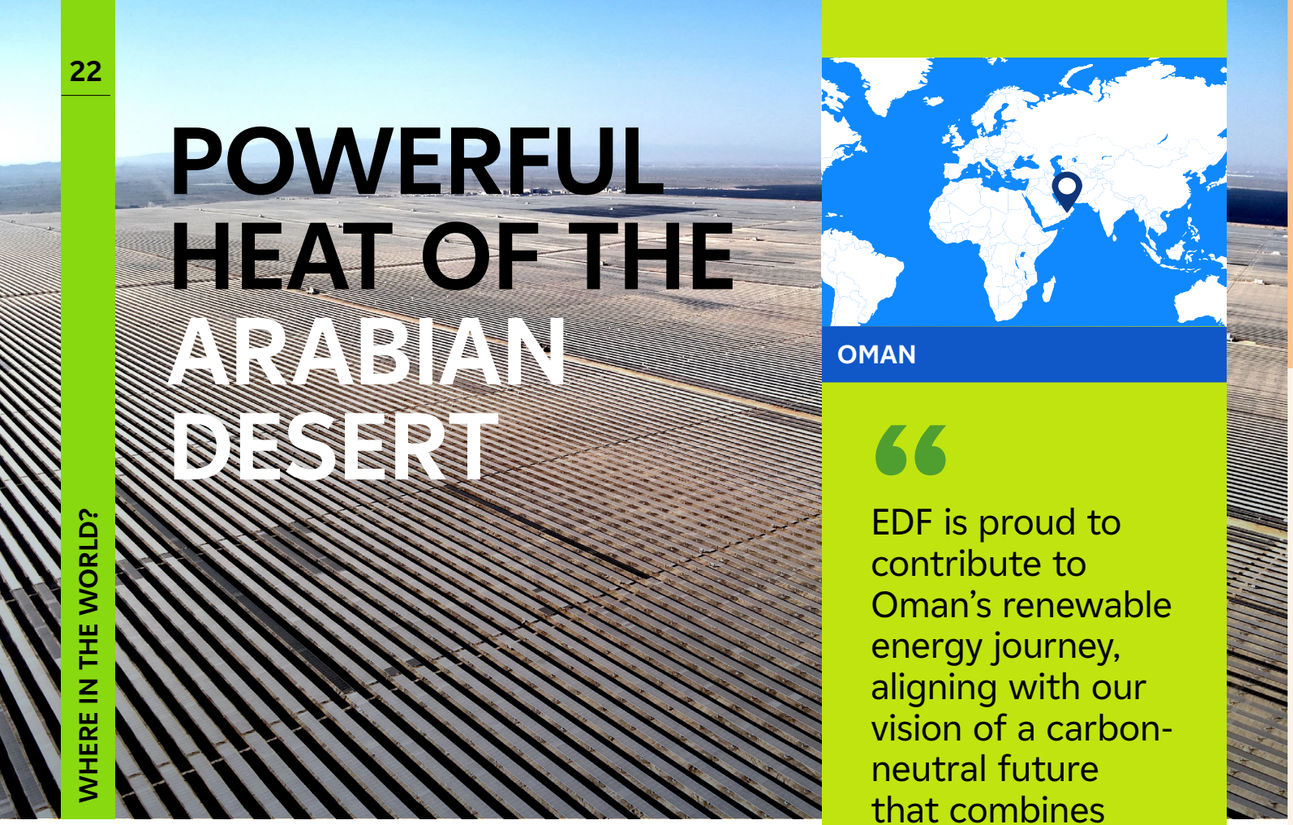
It's supported on mobiles, laptops and tablets and employees, managers and HR colleagues will receive automated reminders.

FIND OUT MORE ON eNZO

WOMEN'S NETWORK SCOOPS TOP AWARD

The Women's Network has been crowned Outstanding Women's Network of the Year at the British Diversity Awards. The awards celebrate those who work hard to level the playing field and strive to make workplaces more inclusive for all. The Women's Network is delighted to be recognised for its work to accelerate gender parity by developing and supporting quality female talent in the company.





WHERE IN THE WORLD?

POWERFUL HEAT OF THE ARABIAN DESERT

OMAN

“EDF is proud to contribute to Oman’s renewable energy journey, aligning with our vision of a carbon-neutral future that combines economic growth and environmental sustainability.



CEDRIC LE BOUSSE
EXECUTIVE VICE PRESIDENT OF INTERNATIONAL OPERATIONS AT EDF RENOUVELABLES

The Manah 1 solar power plant in Oman powered up in January.

Manah 1 is EDF’s first large-scale renewable installation in the Middle Eastern country of Oman. Oman has clean energy goals of 40% renewable generation by 2040. The 500MW solar plant doubles Oman’s installed renewable capacity and will provide electricity for 60,000 households. It will help avoid more than 780,000 tonnes of carbon emissions each year.

Construction began in September 2023. At the peak of the project, 2,900 people were hard at work installing one million double-sided photovoltaic solar panels, covering a total area of 7.8km^2.

FIND OUT MORE ON EDF RENOUVELABLES WEBSITE

STRESS BUSTING QUIZ



April is Stress Awareness Month. This month’s quiz is all about day-to-day ways we can reduce stress.

1. What’s the recommended amount of moderate intensity exercise per week?
A. 25-100 mins
B. 50-125 mins
C. 75-150 mins

2. Which of these yoga poses helps to improve balance?
A. Child
B. Cobra
C. Tree

3. How much caffeine is thought to be a safe daily amount?
A. Up to 200mg
B. Up to 300mg
C. Up to 400mg

4. How much caffeine is in a standard can of cola?
A. 40mg
B. 60mg
C. 80mg

5. What do the numbers in 4-7-8 breathing mean?
A. Exhale for 4, breathe in for 7, hold for 8
B. Breathe in for 4, hold for 7, exhale for 8
C. Hold for 4, exhale for 7, breathe in for 8

6. How much sleep a night is recommended for adults?
A. Between 6 and 8 hours
B. Between 7 and 9 hours
C. Between 8 and 10 hours

7. What is the name of a word or sound repeated to aid concentration in meditation?
A. Martra
B. Mentra
C. Mantra

8. How many glasses of water a day is the recommended daily amount?
A. 5 to 7
B. 6 to 8
C. 7 to 9

9. Which of these is one of the most popular forms of massage?
A. Norwegian
B. Finnish
C. Swedish

10. Diets higher in what are said to help your mental health due to their production of amino acids?
A. Protein
B. Fibre
C. Vitamin B

Answers: 1 c; 2 c; 3 c; 4 a; 5 b; 6 b; 7 c; 8 b; 9 c; 10 a.



CONNECT'S PHOTO COMPETITION

Lee Lace, a System Engineer in Nuclear Operations, took this photo on a frosty December morning in Cumbria in his sister-in-law's garden. Lee believes being outside with nature is a perfect way to de-stress and can generate many positive emotions such as calmness, joy and creativity. Spending time with family and friends can also lead to a healthier lifestyle and improved motivation.

See more of our photo competition entries on eNZO.

Connect welcomes news and comments from all employees. Connect is published by EDF. Please email Julia Nutley and Kathy Manson at connect@edfenergy.com
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